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Your essential daily news | TUESDAY, JANUARY 31, 2017

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metro NEWS
Your essential daily news
Tuesday, January 31, 2017

#DeleteUber
Uber is in hot water for exploiting a taxi protest against the Muslim ban and for its CEO's relationship with Donald Trump. Twitter users are encouraging people to #DeleteUber.

Refugees rebound

SUCCESS

Nearly half of newcomers have found employment

Aaron Chatha
Metro | Calgary

Despite concerns around the U.S. travel ban, refugees settled in Calgary through the Calgary Catholic Immigration Society (CCIS) have had a pretty good year.

CCIS discussed their annual report on the status of refugees they've helped resettle in the last year. It was a big report, following Prime Minister Justin Trudeau's promise to increase the number of Syrian refugees Canada would accept.

Fariborz Birjandian, CEO of CCIS, said in previous years Calgary could expect anywhere from 800 to 1,100 refugees per year. That's a number that goes back about 35 years, when Calgary was accepting refugees from Vietnam.

In 2016, about 7,000 refugees resettled into Alberta, and about 3,400 of those were in Calgary.

About two-thirds of those were Syrian, with other refugees coming from countries like Somalia, Iran and Burundi.

Birjandian pointed out the generosity of Calgarians with the fact there were more privately sponsored than government-sponsored Syrian refugees settling in the city.

A year later, as federal government funds are expiring, 44 per cent of the refugees who resettled last year have found employment. The numbers indicated more men than women are working, understandable due to family dynamics from their home countries.

"Refugee settlement is a long process, a difficult process," said Birjandian. "But at least what we know is, all the children at the schools are doing quite well. Parents, in large numbers, are attending ESL classes. Many of those people who have the skills are already working."

Birjandian said it's especially comforting to see so many refugees finding work, in light of the downturn in the economy. CCIS also offers programs, like Jumpstart to Success, which can help refugees like Mahran Nerses find jobs. Nerses arrived in January last year and used the jumpstart program to secure not one, but two jobs, which he worked during the summer before enrolling at the University of Calgary.

The biggest barriers to refugees finding jobs are in language, as many Syrian refugees — according the CCIS data — already had post-secondary degrees.

Fariborz Birjandian, CEO of the Calgary Catholic Immigration Society, outlined the progress many resettled Syrian and other refugees have made in the past year. METRO FILE

BY THE NUMBERS

800
Average number of refugees entering Calgary before 2016.

3,300
Number of refugees resettled in Calgary last year.

44%
Per cent of 2016 resettled refugees who have found employment.

SCIENCE

Glacier researcher's plans on ice as a direct result of Trump ban

Brodie Thomas
Metro | Calgary

A PhD candidate working out of the University of Calgary says she never expected her life's work to be overturned by the actions of a foreign government.

Samira Samimi is an Iranian citizen and permanent Canadian resident. She's also a member of a NASA-funded team, studying meltwater retention in Greenland. The study pertains to climate change and glaciology.

She was to join the team April 17 in Albany, N.Y. to board a C-130 Hercules aircraft with the Air National Guard to fly to Greenland.

However, an executive order from U.S. President Donald Trump is keeping anyone with Iranian passports out of the country.

"I don't even have a visa," she said. "I hadn't applied yet. It was a few months away. I only need to be in Albany for one night."

She said even if she flies commercially to Greenland, she won't be able to carry on with the team in the U.S. plane.

"That requires me to have a U.S. visa because it's a U.S. army plane," she said.

Samimi said she can't even count on other scientists to collect her data for her.

"Each one of us is working on a specific thing and we're experts in what we're doing," she said.

She left her equipment in Greenland last year, with many items set up in glaciers collecting data.

Her project leader, Mike MacFrerrin at the University of Colorado, said not having Samimi's data will leave a big hole in the work of the entire team.

"The thing that gets me about all this is the utter arbitrariness of it," he said, "She is a valuable team member who now fears being left behind simply because of her nationality of origin. There is no legitimate excuse for it."

'Kidnapper house' shut down

COVENTRY HILLS

More than 100 police calls on record over residence

Helen Pike
Metro | Calgary

Neighbours in Calgary's northeast community are finally rid of the residence they've nicknamed the "kidnapper house."

A Calgary residence that caused problems for more than two years in Coventry Hills was shut down Monday by the Safer Communities and Neighbourhoods (SCAN) unit with the Alberta Sheriffs Branch. Calgary police have responded to more than 100 calls about the property, including one incident where a man was beaten, robbed and taken captive. He managed to escape from the home's basement and run onto the street.

A Community Safety Order (CSO) issued by the SCAN unit prohibits anyone from accessing the home for 45 days. The property owner also consented to list the house for sale — an exceptional situation, according to a news release from the minister of justice and solicitor general's office.

One neighbour, Stephanie, said she and other neighbours are breathing a sigh of relief. The house and its occupants weren't only causing safety problems for her and others, but also had such a terrible reputation many who wanted out of the community couldn't sell their homes.

"After that guy got kidnapped and tortured there, the stuff just went on," she said. "Screaming and yelling, just everything you can imagine."

She's a mother herself and said most of the other homes on the street had children, including one woman with a three-month-old afraid to leave her home.

"Our kids would always see SWAT members run by with their guns, SWAT has been by a number of times," Stephanie said. "And there were kids out playing when they showed up."

The property was boarded up, the locks have been changed, and a fence encircles the lot. Stephanie said the homeowner moved out two days ago, and she's excited to meet new neighbours, as long as they're not trouble like the last two generations in that home.

The owner is allowed to live in the house after 45 days, but she must list it for sale within 30 days of regaining possession.

"It feels good, now maybe some decent people will move in," Stephanie said. "Hopefully someone who's not trouble will move in."

The house in Calgary's northeast was a daily talking point among its neighbours. COURTESY GOVERNMENT OF ALBERTA

INVESTIGATION

Loved ones of woman killed by police weigh options

Elizabeth Cameron
For Metro | Calgary

The lawyer for two families considering legal action against the Calgary Police Service (CPS) after a fatal shooting last year said they are not going to wait for ASIRT's investigation to get answers.

Jessica Patterson was shot and killed by a member of CPS after officers responded to a check-on-welfare call in the neighbourhood of Sunalta on Nov. 29.

Patterson later died in hospital, the fifth civilian to die in 2016 after being shot by Calgary police.

There were a total of 10 officer-involved shootings last year.

Clint Docken, legal counsel for both families, said Patterson's husband, Joseph Larson, is arguably the force's 11th victim.

Larson was found dead in the couple's condo a few weeks later and Docken said he was consumed by grief.

"The information that we have is that (Larson) never recovered from the loss of his wife," Docken said, calling both deaths "needless."

The Alberta Serious Incident Response Team (ASIRT) is currently investigating the circumstances surrounding Patterson's death, but Docken said the families aren't going to wait around for answers.

Jessica Patterson was fatally shot by Calgary police last year. COURTESY PATTERSON FAMILY

"We don't have a lot of confidence in the ASIRT process," he said.

The heartbroken families want answers and accountability, which is why they are exploring their legal options, according to Docken.

He believes there are grounds for a case against CPS.

"Jessica's death was ultimately responsible for Joseph's death," Docken said, calling the officer's response to Patterson "inappropriate" and an "overreaction."

CPS reported the 27-year-old was carrying a knife in each hand when the officer in question discharged her weapon.

"Lethal force should be restricted to very unique circumstances, and those circumstances didn't come into play in this instance," Docken said.

The lawyer said the families expect to make a decision within the next month or so.

CPS declined to comment on the situation due to the ongoing ASIRT investigation.

"The members involved in this incident have my full and complete support," Chief Roger Chaffin said at the time.

"From the information I am given, I am firmly of the belief that this member acted appropriately to protect herself, her partner and members of the public."

IN BRIEF

No charges for Calgary officer: ASIRT

The Alberta Serious Incident Response Team (ASIRT) has determined no charges will be laid against a police officer investigated for use of force during an arrest in July 2015.

A 20-year-old man, apparently intoxicated and violent, was cuffed and put in the backseat of the police vehicle. When he resisted, the officer in question punched the man once on the right side of his face, according to a news release from ASIRT.

He sustained extensive facial fractures. METRO

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GARLAND TRIAL

Files on adult diapering, killing found on hard drive

Computer searches about killing, dismembered bodies and adult diapering were on a hard drive found hidden at the residence of an Alberta man charged with murder of a Calgary couple and their five-year-old grandson.

Douglas Garland, 57, is charged with three counts of first-degree murder in the June 30, 2014, disappearance of Alvin and Kathy Liknes and Nathan O'Brien.

The jury was shown graphic evidence Monday and heard testimony from the police forensic expert who went through the hard drive.

Const. Doug Kraan testified that the 200-gigabyte hard drive was about 63 per cent full of videos, photos and documents.

Some of the files contained information on adult baby diapering, ADHD, fingerprinting and hypnosis. Kraan briefly showed some of the photos, which depicted both men and women, restrained and wearing diapers, and in one case, wearing a straitjacket.

One file dealt with weapons such as blackjacks, brass knuckles and batons; another showed how to use a garrotte to strangle a person.

"There were a number of documents about killing that were found on this hard drive," he said. "They weren't the only documents on this subject."

Kraan seemed disturbed by a folder entitled Gore.

"The Gore folder contained, I believe, 87 pictures, that depicted dead or dismembered individuals or mutilated persons. It was very graphic," said Kraan.

> **The Gore folder contained, I believe, 87 pictures.**
> Const. Doug Kraan

Books on autopsies, another described as the complete "how to kill" book, information on how to destroy DNA evidence and several guides on the Schlage BE365 door lock were also found. The lock is the same type broken into at the Liknes home.

Kraan recovered several files in the hard drive's recycling bin, including two photos of Kathy Liknes and a third of her and her husband.

Justice David Gates cautioned the jurors before the afternoon evidence was shown.

No matter how "unpleasant or distasteful" they found the information, simply believing "he is a person of bad character therefore he must have done that" isn't enough, the judge told them.

Gates said the evidence may only assist in identity, murderous intent and planning and deliberation.

Earlier testimony from Det. Scott Guterson heard police searched the Garland farm in early July looking for any evidence on where to find the three missing people.

THE CANADIAN PRESS

Douglas Garland, 57, is charged with three counts of first-degree murder in the June 30, 2014, disappearance of Alvin and Kathy Liknes and Nathan O'Brien. THE CANADIAN PRESS

QUEBEC MOSQUE SHOOTING

A vigil participant holds up a sign outside Calgary City Hall Monday night. Calgarians gathered to remember the six who died in a shooting at a Quebec City mosque. ELIZABETH CAMERON/FOR METRO

Standing in solidarity

VIGIL

Calgarians show support for Muslim community

Helen Pike
Metro | Calgary

Calgarians gathered at a vigil Monday night outside city hall in solidarity against acts of terrorism and violence, candles in hand.

"You want to let the victims know, and people who attend the mosque as well that you're there for them, and you won't stand for this," said Canadian Cultural Mosaic Foundation CEO Iman Bukhari. "This sends a strong message … this is for anyone who wants a better Canada, who wants races, religions, everyone to get along."

But it wasn't just a Muslim-Canadian vigil. So far, Bukhari said members from the Chinese, Jewish, Syrian group and LGBTQ community have come forward against the murders.

Hatred and violence have no place in Canada.
Bruce Libin

Participants said they felt the need to come out and show support to the Muslim community.

"What happened is not acceptable, we are all Canadians. We all should love each other, whether Muslim, Jew or Christian, or other — we should all stand for justice and feel proud to be Canadian," said vigil participant Saleem Sheriff.

Calgary police increased "vigilance" at all places of worship, and are asking the community to report anything suspicious. They also had a large presence at the vigil.

At this point, acting deputy Chief Cliff O'Brien said there are no specific threats in Calgary.

"We stand in solidarity with the Muslim community in Calgary and across Canada in condemning this act of terror," said Bruce Libin, president of Calgary Jewish Federation in a prepared release.

"Hatred and violence have no place in Canada and we call upon all Canadians to work together to protect the religious freedom and respect for diversity for which this country is known."

The Muslim Council of Calgary condemned the tragic shooting.

"Inna-Lillah-i-Wa-Inna-Ilayhi-Rajioon," read the MCC statement. "We surely belong to our Lord and to Him we shall return, Ameen!"

ADVOCACY

Nenshi urges citizens to stand up to hatred

Brodie Thomas
Metro | Calgary

Speaking a day after a mass shooting at a mosque in Quebec City, Calgary Mayor Naheed Nenshi said it is up to citizens to combat acts of terror with acts of kindness.

The mayor was speaking at a University of Calgary event about his Three Things for Calgary initiative when he took time to address the massacre that left six men dead and many more injured.

"In this country, we cannot afford to be complacent," said Nenshi. "We are not immune to hatred, but we will always, always, always stand up to it together."

He told the audience to stand up to xenophobia and Islamophobia wherever they encounter it.

"We're not helpless — every single one of us has a chance to heal the world. It starts in our own communities and in our own hearts and our own hands."

He said in the wake of the U.S. closing its borders to some countries, the city and country have an opportunity to invite the best and brightest scholars and entrepreneurs to come do their work here.

Nenshi is a practising Muslim, but he said his heart was breaking not because of his faith, but because he is human.

When asked if Calgary's Muslim community has reason to be anxious, he said he doesn't believe so.

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QUEBEC MOSQUE SHOOTING

Canadians spring to action

Across the nation, the shooting in Quebec City was met with horror and condemnation as Canadians rallied together in a strong show of support for the Muslim community. METRO CANADA

A vigil in Montreal for victims of the shooting at a Quebec City mosque. THE CANADIAN PRESS

OTTAWA:

While the attack has made real the fears of Muslims in Ottawa, a local imam is encouraging people not to isolate themselves, but to find support in their neighbours, friends and fellow citizens who continue to support them.

"I think it's important for people to feel supported and to support one another, because we are all in this together," said Imam Sikander Hashmi of the Kanata Muslim Association.

"We've been through stuff together in the past and we've always come together with our friends and neighbours, our fellow citizens."

HALIFAX:

In the hours following Sunday night's fatal mosque shooting in Quebec City, Rana Zaman found herself comforting a daughter scared to be Muslim.

"My daughter (a university student) and I had this horrible conversation where she felt she was really frightened, she couldn't sleep and she said she was afraid of being a Muslim," Rana Zaman said in an interview on Monday.

"I had to hide my own inner fear. I had actually been crying a lot that night feeling that the one safe haven that I felt was in the world has been taken away from us."

Zaman, a community activist and volunteer, said Halifax's Muslim community has been shaken.

"To be confronted directly so close to home? It's a terrifying prospect."

WINNIPEG:

Mayor Brian Bowman condemned Sunday's deadly attack on a Quebec City mosque.

"We stand united and in solidarity with our friends from the province of Quebec, including those who subscribe to the teachings of Islam," Bowman said at a press conference on Monday afternoon. Bowman also expressed his support for Muslims in Winnipeg.

EDMONTON:

Ayesha Sohail always thought she was safe while praying, but the shooting at a Quebec City mosque Sunday changed her feeling.

"What am I supposed to think now?" said Sohail, the president of the Muslims Students' Association at the University of Alberta.

Ahmed Abdulkadir, executive director of the Ogaden Somali Community of Alberta Residents, said Monday he was now looking over his shoulder when going to the mosque.

Meanwhile, Aurangzeb Qureshi, spokesperson for the Alberta Muslim Public Affairs Council, said the organization would be taking steps to prevent similar attacks in Edmonton.

VANCOUVER:

Vancouverites reacted with horror and condemnation to Sunday night's deadly attack on worshippers in a Quebec mosque.

The fears raised by the terror attack were sharply felt by Muslims and their allies across the country.

"It was extreme sorrow, my heart went out to the victims and their families," said Vancouver lawyer Hasan Alam. "I felt overwhelmed, because we as a Canadian Muslim community, and a North American Muslim community, have dealt with so much in the context of Trump and this past weekend the trauma of his Muslim ban … To have the trauma of losing six people in our community so horrifically at the hands of someone, that was even more traumatic."

Partisanship forgotten in moment of unity

Canadian political leaders stood in the House of Commons Monday united first in words then silence to denounce violence and appeal for unity in the wake of Sunday's Quebec City mosque massacre.

As the Canadian flag on the Peace Tower flew at half-mast, Prime Minister Justin Trudeau condemned the "despicable act of terror last night in Quebec City."

Trudeau said a "group of innocents" were "targeted for practising their faith."

"Make no mistake, this was a terrorist attack," said Trudeau. "It was an attack on our most intrinsic and cherished values as Canadians; values of openness, diversity and freedom of religion."

Public Safety Minister Ralph Goodale said, "This was an act of extreme violence directed against a particular group with the clear intent to intimidate and harm that group and to strike fear in their hearts. In the definition in broad terms of terrorism, they were trying to inflict terror. And that fits the definition."

Yet in the face of the American administration's leap to suggest the Canadian attack justified its immigration freeze and airport detention orders that affected travelers from seven predominately Muslim countries, Goodale asserted "we don't have sufficient hard facts yet to be able to draw conclusions about motivation and the exact nature of this violent act." TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau and Liberal MPs stand for a moment of silence in the House of Commons on Monday. THE CANADIAN PRESS

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QUEBEC MOSQUE SHOOTING

Shooting suspect faces six murder counts

Alexandre Bissonnette faces multiple counts of murder in connection to a shooting at a mosque that left six dead and 19 injured. FACEBOOK.COM

Alexandre Bissonnette studied at Université Laval

Quebec police have charged Alexandre Bissonnette with six counts of murder in connection to a shooting rampage at a mosque that left six dead and 19 injured.

Bissonnette, 27, is also facing an additional five counts of attempted murder, according to documents filed at the Quebec City courthouse.

He is expected to appear in court shortly.

After initially saying they had two people in custody in connection with the shooting rampage, Quebec police — in a surprising reversal from their morning press conference — now say there is only one suspect.

He appeared in court around 6 p.m. looking disheveled as he stood beside a guard in a glass prisoner's box. The prosecutor said they had not yet been given all the evidence and the matter was called back to court Feb 21.

The second man they had considered to have carried out the deadly assault, which authorities are calling an act of terror, is now a witness, Surete du Quebec said in a tweet Monday afternoon.

Bissonnette studied at the Université Laval, according to a statement released by the university late Monday. He was a student in the department of political science and anthropology, according to Jean-Claude Dufour, Dean of the Faculty of Agriculture and Food Sciences.

He was on both the Sainte-Foy and Université Laval chess club with his twin brother, said Université Laval professor Jean Sévigny, who said he knew Bissonnette and his brother through the club.

"I can only give you the impression I had and that was that he seemed, he gave the impression of being a very good person," said Sévigny, who last remembered seeing him in the fall of 2015.

Bissonnette's Facebook profile was deleted at some point on Monday, but an archived screenshot of his Facebook page showed he "liked" a wide range of pages, including those of U.S. President Donald Trump, far-right French politician Marine Le Pen, and atheist scientist Richard Dawkins. He also "liked" several different video games, chess clubs and organizations at Université Laval, as well as the federal NDP.

The horror that started just as Sunday evening prayers ended left six people dead and another 19 injured — two critically with significant injuries "mainly to the abdomen," a spokesperson for Centre Hospitalier Universite Laval said. The rest have been treated and released.

Police said there were another 39 people inside the Cultural Centre of Quebec's Grand Mosque as Sunday prayers ended. That's when two individuals said to be wearing ski masks and carrying firearms burst into the building and opened fire on the worshippers, according to witness accounts. The victims, all male, ranged in age from 35 to 60 years. TORSTAR NEWS SERVICE

White House uses shooting to defend executive order

In the face of protests, lawsuits, internal grumbling, an international backlash and a partial climb-down, the Trump administration used Sunday's deadly Quebec City mosque attack to defend its travel ban on seven majority-Muslim countries.

White House spokesman Sean Spicer began his daily briefing with the news that the president had offered Prime Minister Justin Trudeau his country's condolences, prayers, and any law-enforcement help Canada might need.

Then came a political point — one that seemed oblivious to the fact that in the case of Quebec City, it was the targets who were Muslim, not the alleged perpetrator.

"It's a terrible reminder of why we must remain vigilant. And why the president is taking steps to be proactive, not reactive," Spicer said Monday. He later made clear he was, in fact, making the link to the executive order on travel, which specifically targets travel from primarily Muslim countries in the Middle East.

Asked about the executive order, he went back to his earlier remark: "As I said in the statement, the president is going to be very proactive in protecting this country… That's the key point in this — how do we get ahead of threats? How do we keep America ahead of the curve?"

White House spokesman Sean Spicer speaks at a press briefing at the White House on Monday. GETTY IMAGES

Trump's chat with Trudeau came after some Canadian fears were soothed over a chaotic weekend. With lawsuits flying, and protesters clogging airports, the U.S. government initially stated that the travel restrictions would apply to dual citizens.

That potentially included 35,000 Canadians with dual citizenship with the affected countries - some of whom may work, live, and have families in the U.S. The U.S. government is now signalling that the policy would not apply to Canadian dual citizens.

It's not the only change. While the order would presumably still affect work visas, the government now says it won't apply to permanent U.S. residents with green cards. A third possible adjustment involves exemptions for individuals who worked for the U.S. military. Defence Secretary James Mattis is drawing up a list.

The changes come amid reports of behind-the-scenes tussling within Trump's team. Administration members fumed to friendly media Monday about the haphazard manner in which this major policy was designed, released, and publicly communicated. THE CANADIAN PRESS

Remembering the victims

Details are emerging of some of the six victims of the Quebec City mosque attack.

1 **Azzedine Soufiane** — The father of three was a grocer and butcher. Local imam Karim Elabed described him as a longtime Quebec City resident who helped guide newcomers. Ali Ouldache said Soufiane was really someone who really loved Quebec — a true Quebecois.

2 **Khaled Belkacemi** — Universite Laval confirmed Monday that Belkacemi, 60, was one of their own and a professor in the food science department. Retired Universite Laval professor Hani Antoun described Belkacemi as a valued colleague and respected scientist.

3 **Abdelkrim Hassane** — Another father of three who was identified by friend Ali Hamadi. Hamadi said he left the mosque before the shooting and that Hassane, 41, was killed. Hamadi said Hassane worked in IT for the government.

THE CANADIAN PRESS

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Donald Trump's administration: *Muslim ban*

Attorney general fired as dissent grows

President Donald Trump on Monday fired Sally Yates, the acting attorney general and a Democratic appointee, after she refused to defend in court his controversial refugee and immigration ban.

The extraordinary public clash over Trump's most consequential policy decision to date laid bare the discord and dissent surrounding the executive order, which temporarily halted the entire U.S. refugee program and banned all entries from seven Muslim-majority nations for 90 days.

The firing came hours after Yates directed Justice Department attorneys not to defend the executive order, saying she was not convinced it was lawful or consistent with the agency's "obligation to always seek justice and stand for what is right."

In a statement, Trump said Yates had "betrayed the Department of Justice by refusing to enforce a legal order designed to protect the citizens of the United States." He named longtime federal prosecutor Dana Boente as Yates' replacement.

Other parts of Trump's administration were voicing dissent Monday. A large group of diplomats circulated a memo voicing their opposition to the order. In a startlingly combative response, White House spokesman Sean Spicer them resign.

"They should either get with the program or they can go," Spicer said. THE ASSOCIATED PRESS

Sally Yates GETTY IMAGES

Protesters demonstrate Monday in Washington, DC. GETTY IMAGES

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TAKING ACTION

'Freaked out' Americans take to the streets to protest Trump

Mary Beth Jobe, a 52-year-old homemaker in Idaho, expected to have a quiet Sunday hanging out with her three chickens, two dogs, cat and parrot.

But then she checked the Facebook page for her Boise neighbourhood and someone had posted about a protest at the airport. Eight days after the first demonstration of her life, she drove out to the second.

"This is dire," she said Monday. "I've never been this freaked out, ever. I'm freaked out, and I'll do whatever I need to do."

Erik Johnson, a 24-year-old biochemistry student in Nebraska, planned to be studying on Sunday night. But his girlfriend told him there was a protest at the state capitol in Lincoln. He had never demonstrated before, but this was a matter of "American values." Off he went.

"As of right now," he said Monday, "I would say I'm ready to make my voice heard."

Jobe and Johnson are part of an America-wide wave of organic street activism that has spread far beyond the usual places and the usual suspects. For the first time since the Vietnam era, it appears that spontaneous public protest may become a regular feature of American life.

Two weekends ago it was massive women's marches. Last weekend it was rallies against Donald Trump's order banning refugees from seven Muslim countries.

Demonstrators gathered on short notice Sunday in the streets of Alabama and Alaska, Arkansas and Michigan, Louisiana and Montana, Tennessee and Illinois. They gave every impression that they would be back.

"When this administration acts like it has some overwhelming mandate and the majority of the country voted for somebody else, people are moved to act. And I don't think that this is a one-off situation," said Jason Kander, the former Missouri secretary of state who lost his 2016 race for the U.S. Senate.

"I think it is becoming pretty clear that the demonstrations are going to be a part of the Trump administration if it continues to act as though it has a mandate that it doesn't have."

"The number of members who have come to us saying 'I'm writing a letter every day,' 'I'm calling a member of Congress every day,' 'I'm ready to go out on the streets several nights a week or every night if necessary'—it's amazing. We haven't seen energy like this, ever," said Charles Chamberlain, executive director of the 12-year-old progressive group Democracy for America.

TORSTAR NEWS SERVICE

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Tuesday, January 31, 2017

CHANTAL HÉBERT ON POLITICIANS WALKING THE TALK

If one were to connect the dots between the shooting ... in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back.

Even as Canada's federal leaders were addressing the House of Commons to express their solidarity with the country's grieving Muslim community on Monday, the White House's press secretary was arguing that the murderous attack on a Quebec City mosque was "a terrible reminder of why the president is taking steps to be proactive, not reactive" on national security.

Little of course could be further from the truth. If one were to connect dots between the shooting that left six dead in a Quebec mosque and Donald Trump's entry ban on citizens and refugees from a number of Muslim-majority countries, one would find a community that is having a target painted on its back by the world's most powerful elected leader.

It is a connection whose acknowledgment does not come easily to Prime Minister Justin Trudeau or, for that matter, to much of Canada's political class. Monday was a day for all leaders to vouch to stand shoulder-to-shoulder with the Muslim community. It will take a while to see how far they are willing to walk their talk.

The prime minister would showcase his government's embrace of Syrian refugees, but offer no opinion about the abrupt suspension of American participation in the humanitarian operation.

But by all indications, whistling past the graveyard will only work for so long.

In dealing with the Trump administration, Trudeau has wanted to believe that actions will speak louder than words; that they will in fact act as a substitute for speaking out.

TONGUE-TIED Trudeau is at the limit of his ability to criticize the U.S. president, Chantal Hebert writes. THE CANADIAN PRESS

In the face of questionable moves by the incoming American administration, he and his government would refrain from taking stances in a manner that could be construed as seeking a frontal collision with the White House. But they would stick with charting a distinct and contrary course for Canada.

On that basis, Trudeau would tweet to commend the hundreds of Canadians who took part in post-inauguration marches in support of women's rights in the U.S. but not make a peep about the White House's moves to make it harder for some of the world's poorest women to secure safe abortions.

The prime minister would use social media to showcase his government's embrace of Syrian refugees but offer no opinion about the abrupt suspension of the American participation in the humanitarian operation and the catastrophic domino effect it could have on international resettlement.

Canada would not even beg to differ in public with Trump's outlandish assertion that keeping out refugees, visitors and immigrants including green card holders from some Muslim-majority countries was necessary to keep the U.S. safe from attacks.

Given that we share the same continent, it is hard to think of a government leader better placed to offer a rebuttal of that narrative than Canada's. But while Trudeau and many others in his government spent the past weekend reaffirming their attachment to Canada's diversity and their determination to continue to enrich it, they all steered well clear of rebutting the premises of the U.S. ban.

That task fell to non-Liberals such as former Conservative immigration minister Jason Kenney. In a series of tweets on Saturday, he described Trump's executive order as "a brutal ham-fisted act of demagogic political theatre" and called on Republicans in the American Congress to challenge it.

In a statement issued on behalf of all Canadian universities on Sunday and calling for the ban to be ended immediately, their association pointedly noted that this was an issue "that was too important to stay quiet on."

Asked point blank to address the ban issue in question period on Monday, the prime minister skirted NDP leader Thomas Mulcair's question and stuck to touting Canada's diversity.

The problem with Canada's tongue-biting approach is that some actions speak louder than others especially when they are those of a U.S. administration that is using the office of president as a bullhorn to equate Muslims with security threats.

The refusal to engage beyond the very narrow scope of securing Canadian exemptions from measures that have negative planet-wide implications leaves the field wide open to those — starting with the new administration — who are only too eager to distort facts for their own purposes.

Surely Trudeau did not see the White House's recuperation of the Quebec City tragedy as fodder for its controversial entry ban coming. Chances are this will not be the last time he is blindsided by his U.S. vis-à-vis.

It was always a given that there would be limits to the lengths the Trudeau government could go to in its quest for a transactional relationship with the Trump administration. But few expected those limits to be reached over a matter of little more than a single week. And yet they have.

Chantal Hébert is a national affairs writer.

Step up, Trudeau: Take Syrians and graduates the U.S. has rejected

Tristan Cleveland

Trump has brazenly created a crisis. It's time for Canada — and Trudeau — to step up and respond by demonstrating what our country stands for.

Trump's ban represents the most repugnant form of xenophobia, the kind that justifies disrupting thousands of lives — and putting many at risk — without a gram of evidence it will help anything or anyone.

Now, after his implied endorsement of hatred towards Muslims, six Muslims are dead in Quebec. Whatever this murderer's motivations or inspirations, it is a reminder that pandering to hate is reckless, dangerous and evil.

We must confront this evil and demonstrate Canada will not abide by such official bigotry.

Our Prime Minister took an important first step by tweeting, "To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith. Diversity is our strength."

Trudeau, if you mean that statement, then offer to bring the Syrian refugees the United States has already thoroughly vetted and accepted to Canada. Trump has inflicted chaos with a stroke of a pen. We must respond with an equally decisive action.

And that's only the start. An entire cohort of recent graduates in the United States from those seven countries will have their green card applications arbitrarily rejected in the next three months because of this ban. We should offer to expedite their applications to Canada and welcome that talent here.

Politicians and Canadians alike should also reaffirm loudly that we will not put up with anyone peddling hatred to get an easy ticket to political success.

The danger is real. Xenophobic heads of state have been elected in Hungary and Poland. France risks electing one this year. Across Europe, extreme-right parties are growing in size and influence.

Let's take pride in the fact that Harper tried to use hatred to stir up support and that it backfired. Let's dust off the idea that multiculturalism is the basis of our sense of self, because the more it defines who we are, the less vulnerable we will be to appeals to small-minded bigotry.

We are no racial utopia, but reaffirming multiculturalism is exactly the bulwark we need against politically convenient hatred. Let's send a clear message to any politician feeling inspired by Trump: Don't you even think about it.

Thousands of good people have had their lives torn apart this weekend because one smug, small-minded man has too much power. Let's take action to help fix this mess and remind ourselves and the world what kind of country Canada is.

Tristan Cleveland is an urban planner and columnist with Metro Halifax.

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Games, crafts and other simple activities may help stave off mental decline, a study finds

Both the copper and hormonal IUD can last 3 to 10 years and are acceptable for both women who have given birth, and those who haven't. CONTRIBUTED

The rise of the IUD

With Obamacare threatened, the U.S. is seeing a jump in women seeking long-term birth control. Precarious employment has women in Canada doing the same. TORSTAR NEWS SERVICE

In the lead-up to the inauguration of U.S. President Donald Trump, American women warned each other their access to birth control under Obamacare was at risk.

On social media, many women advised getting an IUD. The intrauterine device is a small, T-shaped piece of plastic or copper inserted through the cervix into the uterus by a doctor and provides highly reliable birth control for years at a time.

Under Obamacare, women could obtain one without paying out of pocket, along with other forms of FDA-approved birth control. If Congress repeals the Affordable Care Act — something Trump has already begun to set in motion — an IUD could cost American women as much as $1,000, according to Planned Parenthood. Without what's known as the "birth control mandate," many women may suddenly find it difficult to access birth control pills each month.

It seems some of those women turned to the IUD. According to data from 2,500 doctor's offices across the U.S. compiled by AthenaHealth and published by Vox, clinics in both Democrat and Republican counties saw a 19-per-cent spike in IUD procedures from October to December last year. The data suggest no such increase was observed in 2015.

Experts say something similar happens in Canada when women are faced with losing their health insurance or benefits.

The pill and the IUD are covered by some benefits plans — Sun Life, Great-West Life and Morneau Shepell may cover IUDs, depending on the arrangement with employers — and when women switch jobs or age out of their parents' coverage they often turn to IUDs, experts say.

"Definitely, definitely, we see that," said Dr. Erika Feuerstein, clinic physician and education director at the Bay Centre for Birth Control at Women's College Hospital. "When insurance is about to expire, women ask for an IUD because it was covered under their plan."

Because Canada lacks a national pharmacare system, about one quarter to one third of women do not have access to free birth control because they neither have workplace benefits nor qualify for a drug plan through social assistance, said Sandeep Prasad, executive director of Action Canada for Sexual Health and Rights, formerly the national Planned Parenthood agency, not directly linked to the U.S. organization.

That means they often choose less-effective birth control methods, such as condoms, which are about 82-per-cent effective with typical use, rather than a highly effective method such as the IUD, because of its high upfront cost.

The copper IUD costs up to $63 and the hormonal IUD costs up to $380 at Planned Parenthood Toronto. The most common form of birth control used by Canadian women remains the pill, but IUD use has been on the rise. The pill is about 90-per-cent effective with typical use and the IUD is 99-per-cent effective. According to data collected by Canadian health information company QuintilesIMS, prescriptions for the hormonal IUD brands Mirena and Jaydess have increased 46 per cent from 116,478 in 2011 to 170,061 in 2015.

Usage varies: the copper IUD is cheaper and desirable among women who are motivated to avoid synthetic hormones, but can make periods and cramping more intense. The hormonal IUD, which releases a progestin, is more expensive and can cause side-effects similar to the pill but can make periods much lighter.

McMaster University gynecologist Dr. Dustin Costescu estimates up to 5 per cent of Canadian reproductive-age women are now using an IUD, a figure that had hovered around 1 per cent for years. He also notices patients, especially students and young women entering a precarious workforce near the end of their insurance or benefits coverage, seek long-term birth control.

"Other women might see, when issues of coverage come up, that it may be beneficial to maximize their benefits," he said. "It wouldn't surprise me if other women start thinking about, as their coverage expires, an option that (prevents pregnancy) in the long term."

HORMONAL OR NON-HORMONAL

The copper IUD
99 per-cent effective; $54-$63 at Planned Parenthood

Pros:
- Reversible and forgettable
- May be suitable for women who cannot take estrogen
- Lessens the risk of endometrial cancer

Cons:
- May increase blood flow, pain and cramping during periods

The hormonal IUD
99 per-cent effective; $306-$380 at Planned Parenthood

Pros:
- Reversible and forgettable
- May lead to lighter or absent periods
- Improves symptoms of endometriosis

Cons:
- May lead to spotting
- May cause hormonal side effects such as bloating, breast tenderness, acne, headaches and mood issues

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When the gym routine gets boring

With their own gyms crowded thanks to the onslaught of "January Joiners," Metro's **Melita Kuburas** and **Colin McNeil** decide to try some alternative fitness options. Breaking up the ol' routine has its upside...

1 What: Daybreaker — 6 a.m. Dance Party

Sweat factor: Medium
Price: $$
Would return: Definitely

A handful of people are crowded outside the entrance of a club on King Street West. The dress code is a mix of patent platform shoes, neon tights, sneakers and glitter.

It's 5:45 a.m. and no, this isn't the spillover from a rave the night before: We're here for a yoga class and dance party before everyone shuffles off to work for the day.

Inside The Spoke Club, a guy in Hammer pants with international flags on them checks the guest list on his phone. "Boom! You're in!" he shouts.

As people pile in, it quickly becomes hard to find room for a yoga mat. "There's space for one more human here," the instructor says, motioning in front of a DJ near the stage.

After an hour of easy yoga — sun salutations before the sun has even come up — we skip Savasana and instead partner up with a stranger to try the double chair pose for a little friendly competition with the rest of the approximately 150 people in the room.

After rolling up my mat I cheers with a shot of cold-brew coffee with my partner, grab a bottle of water and start dancing.

The music was a mix of EDM and pop, and surprises included a brass band busting through the dance floor, and the yoga instructor putting on a light show.

Daybreaker started in Brooklyn, and is now held in 15 cities around the world (in Canada, this includes Montreal, Toronto and Vancouver is coming soon). Cost varies between $25 to $35, and the next event in Toronto is Feb. 14, with the theme called Love Lockdown.

You'll be buzzing with good vibes all day. MELITA KUBURAS/METRO

Daybreaker is a dance party that starts before most people begin their morning commute. CONTRIBUTED

2 What: Olympic-style weightlifting

Where: Kanama High Performance, Toronto
Sweat factor: High
Price: $$$$
Would return: Yes

In the dojo-like space at Kanama High Performance, novices and national champions alike dedicate themselves to performing the two movements that make up Olympic weightlifting: the snatch and the clean and jerk.

For anyone not up on their terminology: both involve using explosive strength to bring a weighted barbell from the floor to a static position held over your head, all in one fluid motion.

Even the beginner class at Kanama had a serious, stoic vibe to it.

Surrounded by an open, minimalist gym thick with chalk dust and adorned with multi-coloured bumper plates, the class was a quiet one at first. Silence punctuated by crashing barbells made up the soundtrack until the warmups ended. Then came the music — EDM and trance.

The session I attended was made up of four lifters (including myself), all young men.

Not once during the hour and a half class did the three other students congregate to chit chat or pull out their phones and text. Each one was solely focused on their little square of the gym and their own weightlifting form.

The 45-pound bar is much less than Colin McNeil would normally lift, he says, but using proper Olympic form makes it much more difficult to do. IRA LAMCJA/METRO

While some at Kanama are training for medals, those in the introductory class are there to learn under coach Rich Davidson — a competitive athlete at the national level.

Davidson first assesses your fitness and mobility level, then works to improve those while building the foundational movements for Olympic lifts.

This means breaking them down to their component movements, and practising those. Think of it like learning individual chords before putting together a song.

Davidson had me use a standard 45 lb Olympic bar with either no additional weight, or just a few 10 lb plates. The idea at first is to fine tune your weightlifting form — not heave enormous amounts of iron to boost your ego.

Cost is $200 to $350 per month, so the class is only for those who are ready to commit to heavy lifting.
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Joel Embiid, the oft-injured Philadelphia 76ers centre, will miss three games this week because of a left knee contusion

Raps lash out at ban

NBA

Lowry and Ujiri baffled and saddened by Trump's order

Kyle Lowry takes great pride in representing Toronto and Canada as a professional athlete, but he is American born and bred and he lashed out at the United States government for its decision to ban refugees from seven primarily Muslim countries.

"I think it's absolutely bulls–," the Philadelphia-born Raptors point guard said Monday afternoon. "I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."

As the NBA's lone international team, one led by a Nigerian-born president, the Raptors have long been held as a shining example of inclusiveness. They have a global outlook on issues, and they value the fact they represent a country known as a beacon for refugees seeking better lives. They were dismayed by the weekend actions that led to massive protests less than a fortnight into U.S. President Donald Trump's administration.

For Ujiri, there is little in life of which he is more proud than his work with the youth of his African home. Through his own Giants of Africa foundation and work with the NBA's Basketball Without Borders program, he lives to provide hope and inspiration, opportunity and encouragement to kids. He sees them as the boys and girls who can change the world for the better, and he wants desperately to advance that cause.

"I bleed red, white, and blue. I was born and raised there. I have always been taught to treat everyone the same. It's a difficult time for my country right now and it's sad."
Raptors point guard Kyle Lowry

GETTY IMAGES

Masai Ujiri
GETTY IMAGES

He watched with horror and astonishment on the weekend when the government of new American president Trump effectively banned immigration from seven countries, countries where Ujiri has worked to improve the lives of youngsters, countries he cares greatly about.

"I'm finding it difficult to absorb some of this stuff, from the ban to everything that's going on," Ujiri said Monday. "I think it's just ridiculous what's going on out there. We had plan to do a basketball camp in Sudan. When you go and do those things we have kids that come from all over the world.

"Are we lying to those kids when we say we are giving them hope, or teaching them or going to help them grow, or give them opportunity? We're outright lying to them now. I just don't get it. It's mind-boggling."

Ujiri and Lowry are not advocating a borderless world, where terrorists and those bent on destruction are allowed free passage anywhere in the world. They understand the need for protections, and that borders are sacrosanct and not everyone should be allowed to go anywhere they want. But the all-encompassing nature of the ban, the message it sends to those who want to better themselves, the opportunities it denies people, that's what they are lashing out against.

"I understand what the issues are and what the problems are," Ujiri said. "I completely understand that and we do need to pay attention to security, 100 per cent, there is no doubt. But there are ways to deal with people. So, okay, so now we are stopping children that get scholarships to go to college from Sudan? What does that have to do with anything?"

TORSTAR NEWS SERVICE

Families are being torn apart and I worry in the big picture what this means to the security of the world.
Warriors coach Steve Kerr, whose father Malcolm Kerr was murdered while he was the American University president in Beirut.

WRESTLING

USA to attend World Cup event in Iran

USA Wrestling said Monday that the U.S. still plans to compete next month in Iran, one of seven Muslim-majority countries whose citizens were temporarily banned from the U.S. by an executive order from President Donald Trump.

USA Wrestling's Rich Bender told The Associated Press that the Americans have "every intention" of travelling to Kermanshah for the men's freestyle World Cup on Feb. 16-17. Bender said the U.S. federation been given assurances from the Iranians that special attention is being given to their applications. The scheduled trip to Iran will be the first major test for U.S. athletes travelling to one of the seven nations affected by Trump's 90-day ban, issued last week.

Iran's senior vice-president Ishaq Jahangiri, through the official IRNA news agency, said that Trump's executive order was "illegal, inhumane and against human rights."

THE ASSOCIATED PRESS

We are extremely disappointed by the ban and feel strongly that it runs counter to the values of inclusiveness that define us as a nation.
Major League Soccer union chief Bob Foose

SOCCER

Most-capped Canuck De Guzman retires

Julian de Guzman arrived on the Canadian national team scene as an afterthought, wearing an ill-fitting hand-me-down shirt. Fifteen years later, he leaves as captain and Canada's most-capped men's player.

On Monday, the 35-year-old Ottawa Fury FC midfielder called an end to a distinguished career that saw him win 89 caps for Canada and play for clubs in France, Germany, Greece and Spain as well as Major League Soccer and the North American Soccer League. "Football has been the love of my life," de Guzman said at a tearful news conference in Ottawa. "It has given me a ticket to explore many countries, different cultures."

The Toronto native will remain in the game as an assistant on manager Paul Dalglish's coaching staff. The Canadian Soccer Association has already tabbed him as a coaching resource, making him part of a young talent evaluation camp last November.

Julian de Guzman.
GETTY IMAGES

"My wish and my dream now is for the future of Canada and the talent that we have," said de Guzman. He captained both Ottawa and his hometown team Toronto FC. But he is best known for his time in Germany and Spain's La Liga, where he played for Deportivo la Coruna.

THE CANADIAN PRESS

HOCKEY

Cherry defeats Orr in Top Prospects clash

Gabe Vilardi scored on his Windsor Spitfires teammate Michael DiPietro to break a tie and help Team Cherry to a 7-5 victory over Team Orr in the Canadian Top Prospects game Monday night before 9,707 fans at the Centre Videotron.

Team Cherry captain Nolan Patrick of the Brandon Wheat Kings, ranked first for the NHL draft by NHL Central Scouting, had two assists while his Team Orr and Halifax Mooseheads counterpart Nico Hischier, ranked second, had a goal and two helpers.

Isaac Ratchiffe of the Guelph Storm, Antoine Morand of the Acadie-Bathurst Titan, MacKenzie Entwistle of the Hamilton Bulldogs, Maxime Comtois of the Victoriaville Tigres and Owen Tippett of the Mississauga Steelheads also scored for Team Cherry. Jake Leschyshyn added an empty net goal. Henri Jokiharju had three assists. Sasha Chmelevski of the Ottawa 67s, Michael Rasmussen of the Tri-City Americans, Kailer Yamamoto of the Spokane Chiefs and Stelio Mattheos had the other goals for Team Orr.

Cherry outshot Orr 36-35.

THE ASSOCIATED PRESS

IN BRIEF

EPL sexual abuse probe extends to top London teams

The English Premier League's five London clubs are embroiled in the investigation into sexual abuse in soccer.

The Metropolitan Police says it has received 255 allegations connected with 77 individuals at clubs across London.

As well as the five top-flight clubs — Arsenal, Chelsea, Crystal Palace, Tottenham and West Ham — police say six teams across the next three leagues are also linked to the investigation.

THE ASSOCIATED PRESS

Third ski gold for Marcoux

Canadian skier Mac Marcoux picked up his third gold at the World Para-Alpine Skiing Championships with a win in the men's visually-impaired category in Monday's giant slalom.

The 19-year-old Marcoux, from Sault Ste. Marie, Ont., teamed with Calgary guide Jack Leitch for his first technical gold medal of the championships. He won gold in the downhill and super-G events and silver in the super combined earlier in Tarvisio. THE CANADIAN PRESS

MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Sweet Potato & Brussels Sprouts

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 40 minutes
Prep time: 10 minutes
Serves 4

Ingredients
- 1 sweet potato, cut into 1/2 inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprouts with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread and roast, stirring once or twice, until golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core from each quarter. Cut into smaller florets. Transfer to a food processor. Pulse until broken down into cous cous-sized granules. Stir to make sure you don't have any large pieces left. Turn out cous cous into a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower to the pan and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 4 to 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add butter and eggs. Cook a few minutes and cover pan, about 2 minutes. You can either stir together the cous cous and sweet potato mix as well as the feta or divide each amongst four bowls. Top each bowl with an fried egg and serve.

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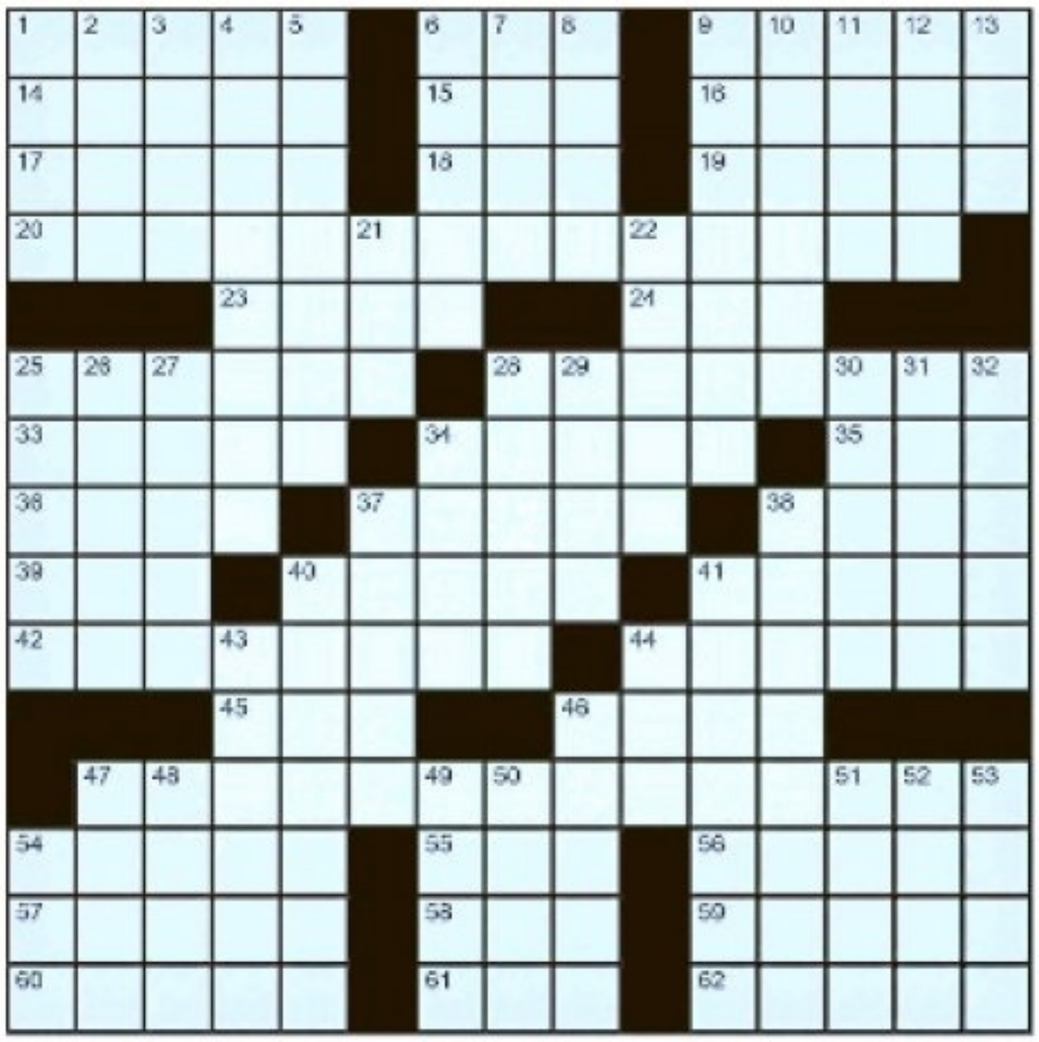
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Gives assistance
6. Following-the-morn' time
9. God
14. Kwik-_-_ ("The Simpsons" store)
15. Ghost's shout!
16. Style of rock music
17. Battle royal
18. "_ don't say!" (Wow, really?)
19. Music producer Mr. Martin (Son of Beatles producer George Martin)
20. "Dark day, windy city / Raincoat on my shoulder..." is the beginning of what Guess Who song?: 2 wds.
23. Kind of lily
24. Basketball net part
25. Bordeaux wine
28. Supplies with new employees again
33. God of wine in ancient Rome
34. Hunter's duck
35. Batch
36. Regrettably
37. Alpine dry wind
38. Caffeine nut
39. Existed
40. Words to live by
41. 'The People' in Inuktitut
42. Rhodes students
44. Uncommon
45. Where Bucharest is the cap.
46. Jump rope
47. 'Royal City' named by Queen Victoria in 1859 when it was the colony of British Columbia's first capital: 2 wds.
54. Witch assembly
55. Flat-bladed shed tool
56. Ahead of time
57. Archaically anoint
58. Unwell
59. _ diver
60. Earth
61. Entire
62. Highlander's dagger

DOWN
1. _ hearts (Health store purchase)
2. Frantic situation, e.g.
3. Movies composer Mr. Schifrin
4. Assembles/organizes
5. Driving wheel user
6. Bottomless pit, to a poet
7. Shoe's insertee
8. Roadie's gig with the band
9. Self-respect
10. 1994: "Return to Innocence" act
11. Comic actor Eric
12. Wedding cake level
13. TLC's "Say _ to the Dress"
21. Furrow
22. Fire-starting felony
25. Paw parts
26. Lavender
27. Embarrass
28. Oboist's props
29. Bounce back
30. Baking need
31. _ acid (Romaine lettuce stuff)
32. Condition
34. Achiever
37. Picture _
38. Hiker's 'bag'
40. _ around (Had goofy fun)
41. It's a problem on Winter roads
43. Nineteen Eighty-Four novelist George
44. Whiz down Whistler
46. Sniff
47. Taboo
48. One Direction's "Best Song _"
49. Mr. LaBeouf
50. Cost
51. Genuine
52. Napoleon's exile isle
53. Mr. Gosling
54. Canuck priv. sector union

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something startling and unexpected will come from a conversation with a boss, parent or VIP today. You will be caught off guard. Don't overreact — and don't quit your day job.

Taurus April 21 - May 21
Travel plans will be canceled or interrupted today. Conversely, you might suddenly have to travel out of town when you did not expect to do so. Guard against accidents.

Gemini May 22 - June 21
Double-check information regarding debt, taxes and shared property, because something unexpected could affect your assets. Don't be in the dark; know what's happening.

Cancer June 22 - July 23
Relations with partners and close friends are hard to control today, because someone will say something that blows you out of the water. Try to be cool.

Leo July 24 - Aug. 23
Your work routine will be interrupted today. Expect computer glitches, power failures, equipment breakdowns, staff shortages and surprising news. Allow extra time so that you can deal with the unexpected.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social plans might be canceled or changed.

Libra Sept. 24 - Oct. 23
Something will create havoc in your home routine today. Small appliances might break down, or minor breakages could occur. Guard against home accidents.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Keep your eyes open. Stay alert, even though you feel jumpy and impulsive.

Sagittarius Nov. 23 - Dec. 21
Watch your money and cash flow today, because something unexpected will happen. You might find money; you might lose money. Guard against impulse buying that you might regret later.

Capricorn Dec. 22 - Jan. 20
Today you feel nervous and impulsive. You can't explain it, but you feel the need to do things at the drop of a hat. Good luck, because today is a crapshoot.

Aquarius Jan. 21 - Feb. 19
You feel restless today because there are so many strange vibes in the air. People are unpredictable. Today is unpredictable.

Pisces
Feb. 20 - March 20
You might meet a real character today, or perhaps someone you already know will say or do something that amazes you. Stay light on your feet so that you can go with the flow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		1		6		2	
9								3
				7				
7			3		9			4
		4				8		
3			2		5			7
				1				
8								9
	6		9		2		4	

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5	7	9	4	8	6	2	3	1
8	1	4	9	3	2	6	7	5
4	3	2	7	9	5	1	6	8
9	8	6	2	1	4	3	5	7
7	5	1	3	6	8	4	9	2
6	2	8	5	4	9	7	1	3
3	4	5	8	7	1	9	2	6
1	9	7	6	2	3	5	8	4

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